

A Spiritual Formation Menu



Viv Grigg

Between God's awesomeness and our limitations lies a pathway of spiritual power and blessing – this is spirituality. Use the following checklists to develop elements of your *Lifestyle and Values*.



1. Self: Boundaries and Possibilities

Self-analysis is part of spirituality. Knowing the state of our soul, the nature of our being, are critical processes in understanding what we will be when mature, where we are on the pilgrimage, and how we interact with the Almighty.

There are multiple facets to understanding of ourselves. It is good to use some simple ones as a starting point for discerning where we are at and starting on the lifelong journey of self-discovery. The following categories are useful.



Personality

- The complex set of characteristics that identify an individual.
- The totality of an individual's behavioral and emotional tendencies
- The organization of the individuals distinguishing traits, attitudes or habits.



Character

The inner core attributes of a person's being, morality, life habits, attitudes and actions. These attributes may include such things as honesty, gentleness, obedience, grace, anger, rage, party-loving etc.



Values

Beliefs and worldviews that guide the way you make decisions, act and relate. The things you hold as non-negotiable in life, work, family and ministry. These may be values you have chosen to hold, implicit values imparted by the culture intentionally or unintentionally.

Giftedness

Spiritual gifts, natural gifts, areas of life and ministry you naturally enjoy, acquired skills, and areas of expertise.



Sense of Destiny

- The complex set of characteristics that identify an individual.
- The totality of an individual's behavioral and emotional tendencies
- The organization of the individuals distinguishing traits, attitudes or habits.



Spiritual Pilgrimage

- The processes of encountering God over time and your current relationship with God.



Cross-Cultural Capacities

The skills, values, understandings, character traits that enable you to move easily between cultures.



Habits of the Heart

The disciplines of your life that continues to mold who you will become. Review the **Word Hand**, and video on **Intercession** from a previous unit and for each main way of getting into the word or growing in intercession identify the habits you aspire to.



Marital and Family Bliss

Marriage is awesome. Marriage is chaos. Kids are a blessing from the Lord. Kids disrupt all semblance of order. We are married to the most amazing person in the world. That amazing person is full of horrific traits that bug us daily. Most families have a child or a partner who is a great care. And this limits our dreams. How is your family affecting your spirituality?



Financial Discipleship

Are you walking consistently, following the ten principles of economic discipleship, such that your life and family will be provided for.

Begin to identify these in your two-year spiritual formation plan (your *Lifestyle and Values* document). You have already done psych testing, an analysis of cross-cultural capacities, a Strengthsfinder analysis, Gifts analysis, so these results can be used for some of the above.

In a two-column chart, identify your starting points with each of these, then identify where you want to be with each area in two years.

Then add third column in terms of life-time goals for each area.

2. Boundaries of Time: A Timeline

Developing a timeline helps also in perceiving the individual nature of our spiritual journey.

First break up your page (A4 landscape or bigger sheet) into 5-year periods (or decades).

Then write in critical points

- Identify the four seasons of growth in your life (this I cover in the *Building Faith Communities* course, so you may not be familiar with it, in which case ignore this), then various subsequent seasons of maturity of life experience, perhaps following Bobby Clintons 6 phases. If you are older the reading in Fowler may give you some sense of phases. I have more extensive analysis of this topic at <http://www.urbanleaders.org/620Leadership/03timecontext/timecontext.html>



- Family influences
 - Divine encounters and foundational promises
 - Major boundary events between phases
 - Areas of Knowledge and core theological understandings
 - Major paradigm shifts
 - Areas of training and Mentoring
 - The discovery of gifts
 - Crises
- Catastrophes and points of pain or damage (and healing)
 - Seasons of preparation
 - Seasons of fruitfulness
 - Primary life's work
 - Types of leadership
 - Areas of character development

3. Spiritual Vitality: A Checkup

Our starting point is always today. This is an exercise to quickly identify both positive and negative dynamics affecting our spirituality at the beginning of this training. Rate each of these questions on a scale of 1 to 10, 10 being perfect.

For discussion with your spiritual mentor.

Hearing: Are you hearing from God in your prayer life?	[_____] 1 2 3 4 5 6 7 8 9 10
Receiving Blessing: Are you aware that God is hearing you?	[_____] 1 2 3 4 5 6 7 8 9 10
Sensitivity to the Spirit: In the last days has the Spirit prompted you to do something?	[_____] 1 2 3 4 5 6 7 8 9 10
Intimacy: Are you aware of his presence?	[_____] 1 2 3 4 5 6 7 8 9 10
Acceptance: Are you aware of his love?	[_____] 1 2 3 4 5 6 7 8 9 10
Dependency: Are you relying on him for strength?	[_____] 1 2 3 4 5 6 7 8 9 10
Perspective/Faith: Are you envisaging well his sovereignty over your future? (10) or confused?(0)	[_____] 1 2 3 4 5 6 7 8 9 10
Power: Are you regularly experiencing God working through you in power?	[_____] 1 2 3 4 5 6 7 8 9 10

Companionship: Are you in fellowship with your spouse and family and a core group, or if single with a small cluster of other believers.	[_____] 1 2 3 4 5 6 7 8 9 10
Habits: Are you disciplined in habits of quiet time, silence, prayer, chastity etc.	[_____] 1 2 3 4 5 6 7 8 9 10
Health and Fitness: Are you fit and have a regular fitness regime?	[_____] 1 2 3 4 5 6 7 8 9 10

As a way of summarizing for yourself, sum up your numbers and divide by 11 to get your average. Identify what three most important changes you see are needed to up your average. How long do you think that would take.

1. _____

2. _____

3. _____

(You do not need to, but you could do all sorts of things with the above, graph each one of them into the next years and identify when you need to reach certain goals, and how many years before you will become perfect!!!)

4. Boundaries of Health and Damage Seeking Healing in the Cross

On another day this week, reflect back to module 3 in this course and the healing of the cross. On the one hand spirituality accepts the reality of ongoing sickness and pain and damage as part of our lot. On the other had we know there is healing in the cross. How to hold these two in balance is a mystery.

Do you have allergies or illnesses that critically limit you? Are you responsibly adapted to these? Yet are you seeking healing?

Are there areas of past hurt or damage or violation or catastrophe that continue to resurface that need attention?

If so what steps are you taking to find resolution? _____

Are there areas of recurrent sin and addiction that need repentance, structures of accountability and healing? (Do not write here, but make a point of discussing with a mentor).

5. Daily Confession: The Examen

On another day, go through one of the three types of examination of conscience in the PowerPoint for this week.

6. Developing Your Lifestyle and Values

Assignment 5: Designing a Rule of Life (Due Module 11)

Read V. Grigg, *The Lifestyle and Values of Servants*, and chapters from S. Bessenecker, *The New Friars*. Write your own "Rule of Life" with your wife and/or team. Keep it simple. Not too many topics. One paragraph per topic. Think through how you can be accountable to each other and a spiritual director for the values you identify. Identify one person who you would welcome as a spiritual mentor. Discuss this person's background and qualifications with the course facilitator. Then work with this director and the course facilitator on a plan for spiritual mentoring over the 2 years of the program. Submit final plan to course facilitator.

Supports outcomes 3.1

Layout: Find a good template in Word, that enables you to put the following into a warm graphical layout, with boxes for critical ideas or quotes, occasional pictures, three levels of styles for headings. Set up your headings for sections and for the appendixes and References at the end. Use 10 or 12 point, Single spaced, but leave plenty of white space. This should be a document that you like, will return to, keep developing.

Section 1. Spiritual Checkup: Summarize where you are at spiritually from your analyses above.

Section 2. Goals

In your document develop a section on goals based on the Sense of Destiny section above.

Preparation: In a two-column chart, identify your starting points with each of the then identify where you want to be with each area in two years.

Then add third column in terms of life-time goals for each area.

Insert a second column that indicates progressions you might follow between now and two years. Evaluate against your lifetime goals, if your two-year goals are realistic.

This might stay as an appendix to your final document

Main Section on Goals: Now write up one section with three- six or bullet points lines that indicate your three main goals in life and some sub-goals. Perhaps add some key scriptures to this and a paragraph interpreting it, or slogan that in 6 words that encapsulates it, or a quote in box that identifies one of the key elements. Add in a picture???

Section 3. Values

From your analyses above what are 3-6 values that you hold dearly.

Now develop your section on Lifestyle.

1. identify 3-5 Values that are important to you, and write one sentence on each as to what lifestyle you want to live
2. one sentence on each as to why it is non-negotiable
3. 3-4 sentences to make up a paragraph to flesh this out.

I'd suggest you look at the *Lifestyle and Values of Servants* power point to get ideas and some verbology, then later in the course there are links to other incarnational urban poor missions.

Graphicalise these, so you can easily recall them.

Section 4. Lifestyle

Now develop your section on Lifestyle.

1. identify 3-5 Lifestyle issues that are important to you, and write one sentence on each as to what lifestyle you want to live
2. one sentence on each as to why it is non-negotiable
3. 3-4 sentences to make up a paragraph to flesh this out.

I'd suggest you look at the *Lifestyle and Values of Servants* power point to get ideas and some verbology, then later in the course there are links to other incarnational urban poor missions.

Graphicalise these, so you can easily recall them.

You may want to include Accountability as one of these, or Teamwork, or Communal Decisionmaking.

Section 5. Action Progression

Based on the above are there any progressions of action you want to take over the next two years. Over 10 years? Over 20 years?

Some of see the future clearly. Others are gifted to be in the moment, so this may work for some to look ahead and not for others.

Reformat

Have you got this into a format where you feel it is preciously yours (Sorry guys for the feminine touch here), where you will cherish this document, can store it in your bible or journal or refer to it monthly, revise it yearly, but keep it as a marker for your growth.